

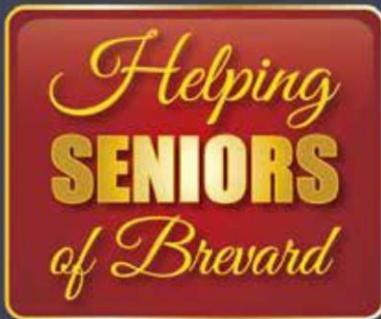


Helping Seniors Of Brevard

www.HelpingSeniorsofBrevard.org



Special Pull-Out Newsletter



If you are a SENIOR searching for assistance in finding services for Health, Household, Financial, Legal or Other Needs,

**CALL:
321-473-7770.**

HelpingSeniorsofBrevard.org



President's Message

Our mission is to improve the quality of life for SENIORS by providing information, education and access to resources.

Dear Friends,

I am now starting my 20th year of writing about seniors, care of elderly, developing financial resources for senior programs and establishing senior leadership so that well developed/planned programs can be established for seniors in Brevard County. It has been a difficult task for one of the biggest challenges to this work has been the willingness of

so many to ignore or let other needs take precedence over the cause of the needy elderly. One of the greatest challenges has been the difficulty in causing all to understand that we have about 50% of us meeting senior status. This fact, along with the rapidly increasing numbers of seniors impacts an already serious statistic.

It was recently discovered that there was an accounting error that resulted in a 72 million dollars shortfall in Florida Medicaid funds for Fiscal 2016/7. This error, along with an existing waiting list of 50,000 or more creates a difficult problem for the Legislature and our Governor. Consider how these complications along with the talk of repealing the Affordable Care Act make for difficult decisions for the Legislature.

Realizing that there would always be financial problems for Helping Seniors to resolve in both establishing an adequate budget, the Board of Helping Seniors has sought innovative ways to ensure our funding needs were met. We strongly believe that development of in house resources would help us underwrite our entire program. All pieces have been put in place, with the final being the "One Hundred Dollar a Year Club."

To become a member of the \$100 a year Club you need to commit to pledging a donation of \$100 a year to Helping Seniors. Our goal is to achieve 1,000 donors over the coming year. We have 4 committed donors and while this is a long way to meeting the objective, we had to start somewhere. To join you can send a donation to Helping Seniors or call Kay at 473-7770 and she will tell you how to join. The status of the Club revenue will be published in the monthly newsletter. I hope you will join me and the Board in being a part of this very simple plan to underwrite the future of Helping Seniors. We need all the help we can get. Thank you!

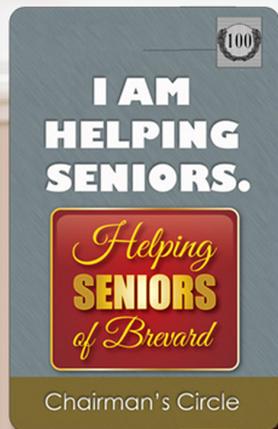
Sincerely,
Joe Steckler

Help Us
as we
advocate
for
SENIORS.

Call us at
321-473-7770



Join the
Helping Seniors
\$100 Club today.



Brevard is 50/50.

50% of those who call
Brevard County
home are 50+.

So, by AARP definition,
50% are Seniors.



We ARE Helping Seniors.

We are:

- (1) Brevard's Helping Seniors Help Line.
(321-473-7770)
- (2) Brevard's Helping Seniors Info Source.
Helping Seniors TV/Radio/Print/Online
- (3) Brevard's Helping Seniors Advocate
Representing the needs of Seniors



Join us today. \$100 one time annual donation. Make a 50/50 difference.
Call us today at 321-473-7770 or visit www.HelpingSeniorsofBrevard.org



Helping Seniors Of Brevard



National Social Work Month: The Role of a Hospice Social Worker

*Pamela Struzinski, VITAS
Healthcare Patient Care Administrator*

National Social Work Month, celebrated in March, is a special time for the community to honor and recognize social workers and their contributions to the teams they serve. In hospice care, the presence of a social worker on every care team is very important.

At VITAS Healthcare, the nations' leading provider of end-of-life care, our social workers are vital members of the interdisciplinary team, which is comprised of nurses, physicians, chaplains, volunteers and other specially trained palliative care experts. Their purpose is to assess the psychosocial needs of the patient and family, define social service goals for alleviating any issues that may arise, and helping provide the counseling and casework required to meet these goals.

The social worker's evaluation is essential to the hospice team because it helps in making medical care effective and suitable for each unique family. Social workers share their assessment with the rest of the team so that everyone knows what each family wants and doesn't want. If there are extenuating circumstances or difficulties that families may face emotionally or financially, social workers are there to help. They can provide extra support, if needed, or suggest resources that could benefit the family.

Every hospice interdisciplinary team conducts weekly team meetings, where they discuss the patient's plan of care and any necessary adjustments that should be made to accommodate the patient and family's immediate needs. During these meetings, the social worker's role is to advocate for the patient and family's wishes, and to make sure that what gets outlined during the meeting is carried out. Once the patient passes away, social workers team up with the chaplain to provide bereavement information and resources like grief support groups to help loved ones cope with their loss.

For these reasons and more, VITAS Healthcare is proud to honor its social workers across the nation, and is glad to support all its dedicated social workers providing exemplary care to terminally ill patients and their families.



How Massage Therapy and Chiropractic Treatment Compliment Each Other

*Timothy Bortz, DC
Clinic Owner & Chiropractic Physician
Brevard Chiropractic & Injury Center*

People benefit a number of ways by combining chiropractic care and massage therapy. Both therapies work together simultaneously resulting in much faster recovery time. Correction of one's structure often occurs more easily and with less discomfort. The positive results of chiropractic care lasts longer when muscle tension is released, which might otherwise pull one's structure back to alignment.

Massage when used with chiropractic treatments, is also good for injuries such as those that happen in car accidents. Also injuries can occur from sports, gardening, or a variety of other activities. The immune system is stimulated by massage and chiropractic treatments along with blood circulation. By doing massage you are using the body's natural energy to heal itself.

Spinal distress can bring on a tingling sensation in the legs, shoulder, and arms – even numbness. This is why it's important to address spinal problems immediately. Chiropractic and massage therapy work effectively to solve these problems. Since the massage increases blood flow it can also help relieve headaches. Many people suffer from these on a regular basis. The improved circulation helps decrease the pain and stimulate nerve flow. You can see why the massage works so well with chiropractic treatments.

The bottom line is that chiropractic and massage therapy are compatible forms of health care that share the goal of your total well-being, not simply an absence of illness. Both offer natural hands-on, drug-free techniques. They can be used as preventative as well as restorative therapies. When used in combination, they help you maintain your optimum health and enjoy life to the fullest!



Helping Seniors Of Brevard



Feature Article

Helping Seniors in 2017

*Kerry Fink, Director
Helping Seniors of Brevard*

Helping Seniors of Brevard, the 501(c)(3) not-for-profit organization, formed in 2011, to provide help and care to seniors in need. Is now entering its 5th year of Community Service for Seniors. Our mission is to inform, to educate and to connect Seniors with services and organizations so that they may age with dignity.

Helping Seniors, founded by long time Senior Advocate and Expert Author/Broadcaster Joe Steckler, has become a "go-to" resource of choice among senior in our area – AND for many organizations that try to assist seniors.

Brevard County, often referred to as the Space Coast, is a fast growing area (4.5% population growth from 2010-2015) is home to 561,088 persons, according to Census.gov. 1 in 4 persons is 60+ and, by AARP definition of Seniors, Brevard's 50+ population is closing in on 1 of 2 persons, at 231,781.

Brevard County has more persons 60+ (136,339) than school age persons under 18 (80,491). Among the 229,692 Households in Brevard County, there are 60,570 households with at least one person under 18, but 100,630 that have at least one person 60+.

In the 2015 Helping Seniors Advocacy Survey, Brevard County Seniors, when asked to name the #1 concern for Seniors, told us:

- 17%** said better access to Info on Aging.
- 17%** said help with Finances/Managing Bills.
- 12%** reported "Health" as most pressing need.
- 9%** said help with Caregiving / Caregivers.
- 8%** said Affordable Housing as 1st need.
- 8%** describe isolation & "feeling alone" issues.
- 8%** report needing help with Medical Care.
- 5%** need for more/better Social Activities.

We are Helping Seniors of Brevard and we work to address these needs via 3 core programs:



Information & Referral Service –

Our Information Specialist provides caremanagement and referral assistance, for Brevard County callers, at no charge, via our Helping Seniors Information line. The information line, at 321-473-7770, has served over 1700 cases to date, providing more than just a referral. Helping Seniors takes problems through solution for area Seniors on topics from housing, health, transportation, Medicare/Medicaid, meals, Veteran needs, financial and legal issues.



Senior Communication Network –

We provide education and encouragement via our comprehensive media outreach. Our TV, Radio, Print and online programs provide information to promote quality of life for seniors through our Helping Seniors information brand. We produce (i) Television for broadcast, cable and online; (ii) Radio on WMEL AM/FM and online; (iii) Print columns in major Brevard county newspapers and magazines; (iv) our 8-page Helping Seniors Newsletter distributed in Senior Scene Magazine (12,000+ copies monthly); as well as (v) our Helping Seniors of Brevard.org website and social media presence on Facebook; Twitter, Instagram, Linkln, YouTube and Google+.



Senior Advocacy –

Our Senior Advocacy Council, composed of community volunteers and team members, tracks topics of interest to the nearly 50% of the population in Brevard County that meets AARP definition of Senior – i.e., 50+. Our volunteer team advocates for and represents to appropriate governmental entities, the needs of Brevard County seniors, as well as assists Helping Seniors in various outreach efforts.



Helping Seniors Of Brevard



Do You Know the Value of Your Independence?

*Elaine Deremer Cook,
PE, CGC, PMP, EEAC, CAPS, ECHM
President HandyPro of the Spacecoast*

Most of us do not consider this until we've lost what we hold dear – our independence.

Losing our independence can happen gradually as we age or suddenly due to an injury. The loss of that independence is something that is hard to bare and we should strive to keep it as long as we can.

So, what is the value of your independence? An injury can land you in the hospital for at least a day and depending on the severity sometimes weeks or months. During the time needed to heal we are limited as to what we can do and more importantly we have to depend on others to help us get around. We have lost independence to decide what we want to do or where we want to go and when. We are now dependent on others.

So what can you do to guard against losing something so valuable and dear? Investments in accessibility modifications for your home can help prevent those pesky trips and falls that steal your independence. Preventing trips and falls will prevent injuries and allow you to remain in control of your life.

A small investment in first an assessment of your home and then implementing accessibility modifications such as grab bars or ramps can prevent you from losing your most values possession – your independence.

Call a professional or Helping Seniors of Brevard for a referral and get your assessment done now. You won't regret it.

HandyPro of the SpaceCoast is a General Contracting Firm that specializes and is highly certified in Home Accessibility modifications that retain the beauty and the value of the home while creating a safe and comfortable environment for all. Call us at 321-208-7989 or email me at ecook@handypro.com to schedule.



Beyond Chandeliers: What Senior Living Should Offer

*Rachel McLain
Director of Community Relations
RiverView Senior Resort*

The lobby is flooded with natural light, a sparkling chandelier hangs overhead, and the artwork adorning the walls is timeless.

When you visit assisted living communities, it's easy to get swept up in the décor and amenities. While a community's appearance is an important factor in your decision, it's just one of many to consider.

Pleasant appearance: Clean, safe and well-maintained are the watchwords here. Notice these attributes about the appearance before you compare its finer points.

Good value: Don't make a generalized assumption that the lavish community is always the best choice. Being surrounded by a happy staff and living in a supportive, caring environment may be far more valuable to you.

Range of services: Evaluate communities based on the senior living services you need now, as well as what you might be facing down the road. Your need for care could increase rapidly, and the community you choose should be able to offer services and support that help as you age.

Welcoming ambiance: Do the residents you meet seem happy and engaged? Is the staff warm and helpful? Choose a place where you feel welcomed and accepted by those you meet.

Of course, there are many other factors to consider when choosing an assisted living community – some of which will be about the “nuts and bolts” of the operation, others about the senior living services offered, and still others will revolve around your emotional response to the community. Our dedicated staff at RiverView Senior Resort are here to help guide you through the decision – making process.





Helping Seniors Of Brevard



Parade of Homes – Senior Living Edition

*Troy Denault
Soter Family Advocates*

The Parade of Home –Seniors Living Edition is a no cost, no obligation inside look into the current state of the Assisted Living Industry. This is done in a format that showcases the advancements of today versus the sterile nursing home concepts that families remember seeing their parents and grandparents living in years and years ago.

This is a free informational tour organized by Soter Family Advocates and The Knowledge College for Aging to empower seniors and families that are looking to be proactive and learn a bit more about the different living options available to them versus be reactionary when a crisis strikes and families are scrambling for answers with very limited understanding and time. This tour is not a sales pitch...this is for informational purposes only.

The tour spotlights 3 different assisted living concepts which include a larger "apartment/condo style" assisted living community, a smaller "group home" style of assisted living community, and a state of the art "memory care" community. The events traditionally run from 8am – 1pm and include breakfast at one of the spotlighted communities, refreshments, and a variety of yummy goodies along the way. Transportation is provided to all that attend as buses take the group on a guided tour to each community to then return back to the original starting location promptly at 1 pm. For additional information as to when the next Parade of Home – Senior Living Tour is being coordinated, please contact Soter Family Advocates at 321-419-0041 or send an email to info@sotercares.com



An Eye for an I?
*Dr. Vaishnav
The Eye Institute for
Medicine & Surgery*

As millions of people do every day, Lynn went for a routine, follow-up eye exam with her ophthalmologist, Dr. Vaishnav. Little did Lynn know that despite having no symptoms with her eyes, the eye exam that day would save her life. Upon examination Dr. Vaishnav, an ophthalmologist with the Eye Institute and the inventor of the Healthy Eye, Healthy™ Wellness Program noted a small, yellow clot (called a hollenhorst plaque) in a branch artery of the retina. Dr. Vaishnav contacted Lynn's primary care physician and recommended additional tests. The testing showed the presence of 3 life threatening blood clots. Lynn was told by her doctor that had she not been tested based on the eye exam, she would have likely had an acute stroke.

"The eye is truly a window into the body", says Dr. Vaishnav. A good, comprehensive eye exam can save a life. As in Lynn's case, many diseases in the body can present with changes in the eye. Often the patient has no symptoms. The Healthy Eye, Healthy 1™ Wellness Program was designed to catch signs and symptoms early enough to intervene and prevent major complications of diseases including blindness or death. Anyone can benefit from this program if they follow the "CARPE" rule. "C"atch symptoms early, be "A"ware of the symptoms, get "R"eferred early to receive timely treatment, set "P"revention goals, and obtain "E"ducation necessary to protect oneself and family. Lastly, have the eye doctors communicate that information effectively to the patients other physicians so a comprehensive physical exam and testing can be performed to protect them from complications.



Helping Seniors of Brevard a 501 (c)(3) nonprofit organization, welcomes your donation. Call 321-473-7770 or visit www.helpingseniorsofbrevard.org



The Realities of Long Term Care

*William A. Johnson, PA
Elder Law Attorney*

When faced with the possibility of a loved one needing long term care, it is only then that most individuals actually realize the emotional, economic, and legal complexities of obtaining the appropriate care needed by their loved one. For a husband or wife, the realization that their spouse may need care beyond what they can personally provide is shocking. And the potential that their spouse may need a level of care only offered in a skilled nursing facility is devastating. For a child, the fact that their parent(s) can no longer care for themselves often triggers feelings of guilt, frustration, and anger. Moreover, the financial ramifications of long term care can be extremely frightening as well as confusing.

However, it is important to understand that all these feelings and reactions are normal. It is also important to realize that the process of coordinating your loved one's care will be constantly changing. This is probably the biggest truth in the care giving journey and one that you should remind yourself of regularly.

For individuals who do not have the luxury of living in an area with a high senior population, the process of finding, coordinating, and paying for long term care can be quite a challenge. However, in Brevard County, we are fortunate to have an abundance of state and local agencies, community service organizations, and legal services that focus on the needs of seniors and their loves who must come to terms with the realities of long term care. From organizations that provide counseling to families whose loved one has just been diagnosed with Alzheimer's disease or dementia to those individuals who provide end of life care and support, the road to securing the appropriate care for your loved one may not be so daunting.



More on the Second Opinion

Dr. Lee Sheldon, DMD

Two stories in my personal life in the past six months will illustrate how important it is that you ask questions and look carefully before deciding upon any medical treatment.

My wife had a colonoscopy. The colonoscopy showed a polyp that was large but was flat and could not be removed as part of the procedure. The polyp was biopsied and was benign, but the doctor told my wife that it is precancerous and should be removed. She was referred to a surgeon, who told her that she would need abdominal surgery and that part of the colon would need to be removed. It would involve a 3-7 day hospital stay with 4-6 weeks of recovery.

We went back to the original doctor to review more data from the colonoscopy. The doctor asked us whether my wife had made the appointment for surgery. She had not made the appointment, and she asked if there was another way. She asked more than once. The doctor finally said, "I can see that you're not going to do the surgery. Let me give you the name of someone at the Mayo Clinic who may be able to handle the problem through a colonoscopy procedure rather than surgery." She saw the gastroenterologist at Mayo, who had done 2000 of these procedures and teaches it all over the world. She had the out-patient procedure done successfully and was back to normal the next day. No surgery, practically no recovery time.

I took a spill while exercising and messed up my shoulder. After several weeks of therapy and still in some pain and loss of function, I had an MRI done. The MRI came back as "full thickness tear of the rotator cuff." I got two opinions from two orthopedic surgeons, who both said surgery would be necessary with three weeks in a shoulder splint. I called the radiologist who read the original MRI.

Continued on page 8...



Helping Seniors Of Brevard

Continued from page 7 (Dr. Lee Sheldon)

He told me what he meant by "full-thickness tear" was that there was a hole within the rotator cuff. However it was completely attached. He told me that if I leave it alone, chances are that it would heal. It's now four months later, and my shoulder is 70% better and continues to heal.

Here are two examples of how we were able to avoid surgery. Besides the reduction in pain and recovery time, imagine the reduction in health care costs.



Want to receive our newsletter via email? Simply register on www.helpingseniorsofbrevard.org

Our Current Underwriters Include:

Al Dia today

www.aldiatoday.com

Barbara McIntyre, CSA-Home Equity Retirement Specialist
321-698-4739

Barefoot Bay Tattler

www.barefoottattler.com

772-664-9381

Brevard Chiropractic & Injury Center & Neuromedical
Wellness Center of Rockledge

www.brevardchiro.com 321-586-2240

Canadian Meds of Melbourne

sales@canadianmeds-melbourne.com

321-574-6976

Courtney & Braswell Financial Group

www.courtneybraswellfg.com 321-735-4994

Ebony News Today

www.ebonynewstoday.com

Ear Care

www.earcare.net 321-252-4685

Handypro of the Space Coast

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Hometown News

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In Home Personal Services

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Senior Scene Magazine

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Seniors Helping Seniors

www.seniorecarebrevard.com 321-722-2999

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Solutions by RPM

www.solutionsbyrpm.com 321-720-5961

Soter LLC

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Space Coast Daily

www.spacecoastdaily.com

Spotlight Magazine

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The Eye Institute

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The Fountains of Melbourne

www.kiscoseniorliving.com 321-473-9494

Veterans Realty of Brevard

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VITAS Innovative Hospice Care of Brevard

www.vitas.com 321-751-6671

Watercrest Senior Living Group-Market Street Memory
Care Residence

www.marketplaceresidence.com/viera.html

321-253-6321

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WMEL AM 1510 Radio

www.1510wmel.com 321-241-1060

Wuesthoff Health System

www.wuesthoff.com 321-636-2211

Zon Beachside Assisted Luxury Living

www.ZonBeachside.com 321-777-8840

If you are in business providing services to seniors, we invite you to join Helping Seniors of Brevard to participate as an underwriter. Simply call 321-473-7770 or email kay@helpingseniorsofbrevard.org.

